**Unit 11: Psychological Perspectives**

**Case study 1: Sarah K.**

Sarah is 42 years old and regularly attends a Community Psychiatric Clinic for support with her ongoing clinical depression. Sarah was emotionally and physically abused as a child, which has resulted in a low self-image and low self-esteem.

She constantly apologises, even though she has done nothing wrong and has days when life does not seem worth living. Sarah has twice attempted suicide.

**Case study 2: Mark W.**

Simon is 56 years old and has a severe phobia of spiders. Simon attends a clinic at the local NHS Trust for help.

The phobia is so severe, that Simon cannot even sing nursery rhymes or read stories to his daughter, if spiders are included.

He has had several panic attacks in public places, if he saw, or thought he saw a spider. Simon cannot walk past the local toy shop at Halloween, when plastic spiders are on display.

**Case study 3: Debbie T.**

Debbie is 39 years old and has an Obsessive Compulsive Disorder. She is a voluntary patient on a psychiatric ward at the local NHS Trust.

Debbie is obsessed with the need to be clean and has recently been dipping her hands into neat disinfectant, in order to remove the ‘germs’.

He husband ignored this behaviour, until Debbie began to insist that he did the same. The family G.P. feels that Debbie needs to be away from the family and recover in her own time.